

Child Care Health Consultation Lesson Plan

Contractor Name: Jackson County Health Department

Date Submitted: September 13, 2012

☐ **Children's Health Promotion**

Adult Training on Content Area V: Health and Safety

Select one standard and one level

Health and Safety Standards

- ☐ Promoting Risk Management Practices
☐ Protecting Children and Youth
☒ Promoting Physical Health
☐ Promoting Mental Health
☐ Promoting Healthy Eating

Training Levels

☐ 1 ☐ 2 ☒ 3 ☐ 4 ☐ 5

Source:

Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011

Title: Moving with the Brain in Mind (IMIL)

Training Goal: To recognize the importance of brain development and stimulation and be able to optimize opportunities to stimulate growth and development through nutrition and movement.

Learning Objective(s): Participants will

- Learn important information about early brain structure, brain functioning, and the meaning of the phrase "the body trains the brain"
- Understand the importance of stimulating brain development in preschool-aged children
- Experience activities that can be replicated with children to stimulate the brain and support skill development

Topical Outline of Content	Training Method(s)	Time (in minutes)
Discuss moving with the brain in mind	PPT with video clip and movement activity	20
Discuss brain growth and development	PPT with video clip	45
Discuss music and movement	PPT with video clips/handout	25
Discuss rhythms and manipulatives	PPT with video clip and movement activity	20
Review/Questions		10
TOTAL TRAINING TIME = Two (2) Clock Hours		120

Method(s) of Outcome Evaluation: Discussion and written evaluation of presentation

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Date Approved:
September 13, 2012

Authorized Approval Signature:

Bucky L. Hitting

Date Expires:
September 2015